

Winneconne MARBLE PARK 2017

BEACHFRONT FITNESS

Join us for a FUN in the SUN workout!

MONDAY & WEDNESDAY
8-8:45 a.m.

FRIDAY
9-9:45 a.m.

\$2 per class
Season pass does not apply.

GROUP RENTAL

Want to hold your summer party at the beach? Why not check out Marble Park Beach!

Large umbrellas are not available for rental. They are on a first come, first serve basis.

Groups of 20 or more will receive a 25% discount off of the daily rate.

LAP SWIM

We have set aside some quiet lap swim time—come enjoy our pond!

MONDAY-THURSDAY
11:00 a.m.–Noon

\$1/per visit
Season Passes apply.



FOR MORE INFORMATION on Marble Park, please contact Lisa Bifano at 230.8913 or lisabifano@oshkoshymca.org. Information available at www.oshkoshymca.org or by downloading the Oshkosh YMCA free mobile app.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM. PLAY. HAVE FUN ALL SUMMER LONG.



Winneconne MARBLE PARK | 2017

JUNE 3-AUGUST 27

OPEN SWIM: Monday–Friday 12:30–6:30 p.m.
Saturday & Sunday Noon–7:00 p.m.

OSHKOSH COMMUNITY YMCA

SWIMMING PASS FEES

Passes for sale at the YMCA through June 2. After June 2, the passes will be sold at Marble Park.

DAILY PASS \$4

YOUTH PASS (3-16)

Winneconne Resident: \$20*

Non-Resident: \$35

ADULT PASS (16+)

Winneconne Resident: \$35*

Non-Resident: \$50

FAMILY PASS

Winneconne Resident: \$50*

Non-Resident: \$65

*Must show proof of Winneconne Residence

YMCA SWIM LESSONS AGES 3+

The Oshkosh Community YMCA will be offering swim lessons this summer. All swim lesson registration will be done at the YMCA. You may call to register at 920-230-8439 or you may register online at www.oshkoshymca.org.

(Use keywords: Marble Park Swim lessons when searching online.)

SESSIONS:

MARBLE 1 | June 19-29

(Registration ends 6/16)

MARBLE 2 | July 10-20

(Registration ends 7/7)

MARBLE 3 | July 31-Aug 10

(Registration ends 7/28)

FEE: \$30 per session

Your child will swim four times a week for 2 weeks, 35 minutes each lesson. Pick your preferred day, and time on the chart provided. Preschool level classes are limited to 4 students per instructor and youth level lessons are limited to 6 students per instructor. Your child will get plenty of water time and attention from our skilled instructors. We do everything we can to help our students learn to swim in a safe, values-driven environment. Please contact the aquatics director if you are unsure where to place you child – we can help! **Lisa Bifano at 230.8913 or lisabifano@oshkoshymca.org**

PRESCHOOL SWIM LESSONS (AGES 3-5)

Each level is a continuation of the previous level. The emphasis is learning, not passing or failing. Class levels will be limited to 4 participants per class. These classes may be combined based on registration numbers.

PIKE A beginner level for preschoolers without their parents. Focus is on getting students comfortable in the water, kicking, basic arm strokes, and floating with a float belt. Must be able to fully submerge and perform a front and back float with a float belt to advance.

EEL A beginner level for preschoolers more comfortable in the water. Introductions of front and back crawl and focus on completing skills with and without the aid of a float belt. Students must be able to demonstrate 5 yds of independent swimming on front and back to advance.

RAY A more advanced level for preschoolers in which students will be focusing on skills without the aid of a float belt. Students will be introduced to the lap pool. More difficult skills are introduced such as rotary breathing. Must be able to swim 10 yds. front and back crawl and elementary backstroke independently to advance.

STARFISH The most advanced level for preschoolers with focus on longer distances, stroke development, and endurance. Must be able to swim 15 yds. front and back crawls and elementary backstroke, be independent in deep water and tread water for 20 secs. Preschoolers who complete this level will advance to MINNOW.

YOUTH SWIM LESSONS (AGES 6+)

Each level is a continuation of the previous level. Longer distances and endurance introduced throughout. The emphasis is learning, not passing and failing. Class levels will be limited to 6 participants per class. These classes may be combined based on registration numbers.

POLLIWOG AGES 6+ (Equivalent of Eel or Ray levels). For students who have never taken lessons or are at the beginner level. Focus is on floating, kicking and proper arm strokes for front and back crawls, completed with and without a float belt. Water confidence, deep water exploration and demonstrating 10 yds. of front crawl, back crawl and elementary backstroke are needed to advance.

GUPPY (Equivalent of Starfish level)- Further stroke development and technique for the front and back crawl strokes and introduction to more advanced skills and strokes. Independence in the water a must, and ability to swim 15 yds. of front and back crawls and elementary backstroke necessary to advance.

MINNOW (Preschoolers who PASS Starfish should be placed in this level.) Focus on swimming 25 yds. front and back crawls and breaststroke with good stroke technique. Introduction to competition skills such as butterfly, streamlining, stroke finishes and diving. Must be able to swim 25 yds. front and back crawls, elementary backstroke and breaststroke and demonstrating good stroke technique necessary to advance.

FISH Longer distances for endurance and stroke refinement is the focus of this class. Students will learn Butterfly and introduction to sidestroke with continued development of competition skills such as finishes, underwater swimming and turns. Must be able to swim 50 yds. of freestyle, backstroke, breaststroke and elementary backstroke and a 5 minute continuous swim.

FLYING FISH Stroke refinement and endurance for all four competitive strokes (back, breast, fly and free). Swimming continuously for 8 minutes and gaining an understanding of the competitive elements of swimming and introduction of sidestroke. Demonstrating ability to swim 75 yds. of freestyle, backstroke, breaststroke, and elementary backstroke needed to advance.

SHARK For the more serious swimmer. Longer distances for the competitive strokes and a 12-minute continuous swim. More focus on swimming sets and competitive skills. Must be able to swim 100 yds. of freestyle, backstroke, and breaststroke and 50 yds. butterfly to advance.

PORPOISE The most advanced level of swim lessons. Understanding swimming for fitness and exploring lifeguarding rescue techniques. Students must swim 200 yards freestyle and backstroke, 100 yards breaststroke, 75 yards butterfly and sidestroke and a 15 minute continuous swim in order to complete this level.

MARBLE PARK SWIM LESSONS

1 June 19-29

2 July 10-20

3 July 31-Aug 10

MONDAY-THURSDAY

	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish	Shark	Porpoise
9:00-9:35 AM							●	●	●	●	●
9:45-10:20 AM		●		●	●	●					
10:30-11:05 AM	●	●	●			●	●				
11:15-11:50 AM	●	●	●		●	●					